

House Resolution 374

By: Representative Brooks of the 63rd

A RESOLUTION

1 Recognizing September 21 through 25, 2009, as Anger Management Awareness Week at the
2 Capitol; and for other purposes.

3 WHEREAS, in the United States, 20 percent of the population has a serious problem with
4 anger and 75 percent of an individual's anger is directed at family members or loved ones;
5 and

6 WHEREAS, the week of September 21 through 25, 2009, will be designated as Anger
7 Management Awareness Week at the Capitol with the purpose of increasing understanding
8 of the underlying causes of anger and providing people with effective tools and techniques
9 for reducing their own anger and that of those around them; and

10 WHEREAS, unmanaged anger in our children and adolescents is a major cause of behavior
11 problems, classroom disruptions, ineffective learning, and school suspensions; and

12 WHEREAS, throughout Anger Management Awareness Week at the Capitol, schools in
13 Georgia are encouraged to warn students of the dangers of uncontrolled anger and teach them
14 effective management of their anger through nonviolent or unharmful means; and

15 WHEREAS, during Anger Management Awareness Week at the Capitol, all citizens are
16 advised to practice patience, kindness, and respect toward their fellow human beings; and

17 WHEREAS, it is vital that people educate themselves on appropriate techniques for
18 alleviating their anger and develop personalized strategies at work, home, and school for
19 creating an atmosphere of calm, peace, and serenity.

20 NOW, THEREFORE, BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES that
21 the members of this body encourage all Georgians to develop coping techniques for anger

22 and stress for everyday use and recognize September 21 through 25, 2009, as Anger
23 Management Awareness Week at the Capitol.

24 BE IT FURTHER RESOLVED that the Clerk of the House of Representatives is authorized
25 and directed to transmit an appropriate copy of this resolution to the public and members of
26 the press.